

General Health Status

Perceived fair or poor overall health

- Over 40 percent of those from the lowest income households reported being in fair/poor health, compared to less than 7 percent from the highest income households.
- Almost 33 percent of Spanish-speaking Hispanics reported being in fair/poor health, compared to about 19 percent of English-speaking Hispanics.

Average (mean) number of days during previous 30 days when physical health was not good

- Spanish-speaking Hispanics reported far fewer poor physical health days (1.8 days) than their English-speaking counterparts (3.7 days); this is in sharp contrast to the previous findings on perceived health.

Average (mean) number of days during previous 30 days when mental health was not good

- By race, the highest risk of poor mental health days was evident among American Indians.

Average (mean) number of days during previous 30 days when poor physical or mental health prevented usual activities

- Among all demographic groups, the greatest disparity in the report of poor physical/mental health days preventing usual activities was associated with household income.

North Carolina Trends

- The gap in rates of perceived fair/poor health, between non-Hispanic whites and African Americans, has remained fairly constant since the start of the decade (Figure 1a).
- By age, the six-year trends in perceived fair/poor health show a slight decline for the oldest age group and a slight increase for the youngest age group, 18-34 year olds (Figure 1b).

